

MERRIMAC Community News

Volume 1 Number 1

Community Takes Commitment

November 2009

An Attitude of Gratitude: Tips for Raising Grateful Children

Julie Westegaard

With Thanksgiving upon us and the season of giving on it's way, we want the children around us to see that the best part of saying "thank you" and "you're welcome" is the connection to others and joy that it brings to our families.

Gratitude is really two-fold. There is the social behavior that is expected in a given culture-our manners. And there is the feeling when someone is truly appreciative. We can hope that both of those always go hand in hand, but we know that this just simply isn't the case. Children don't automatically know how to be grateful, they need to be taught and it's our job as parents, mentors and community members to help them learn.

How can we help the young people in our lives learn to live with a grateful attitude? The most foundational way is to simply lead by example. But it's never as simple as it sounds. Many parents rush through their days and don't see the teaching moments until they have long passed. Be lavish with your thanks every single day. Thank your children for clearing the table. Thank the gentleman who holds the door open for you at the library. Thank the server in a restaurant. Letting your children see that you are mannered and polite in everyday living will encourage them to be so as well.

Many of us rush around with

can sit with your child and make eye contact. Show through your behavior how important their stories are to you. When the conversation is wrapping up, thank your child for letting you into their world. Taking this time to slow down and listen helps you to show your children how grateful you are for them and all that they bring to your life.

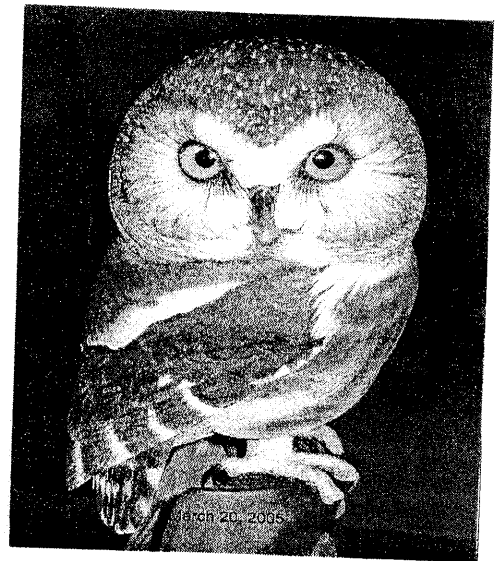
As parents, we tend to forget how important saying "NO" to our children can be. I'll admit sometimes it seems easier to put on a favorite movie. Sometimes I buy that toy in the store rather than say no. Sometimes it's easier to quiet the nagging voices with a treat when one hasn't been earned. We have become a society so accustomed to immediate satisfaction and so have our children. If we can instill a sense of waiting and reward, we can help our children to feel appreciation. Remember what it felt like to open a present you had been wishing for. That's often a child's first experience of gratitude.

Find your own blessings. Take time each day to recognize what you are thankful for. If you can live in a more grateful manner, your joys will be shared with everyone around you.

Other Ideas:

- Create a family journal and leave notes of appreciation to each other
- Volunteer together

local interest



Master Wood Carver Featured

Brett Olsen

Catherine Olsen is a Master Wood Carver. She carves birds including raptors, owls, game and song birds. She became interested in carving after attending a show in Eau Claire where she lived at the time. When Catherine moved to Merrimac she attended a carving class at Baraboo High School. The Ward Brothers inspired Catherine because they were self-taught. "I thought, I can learn to carve. I knew I could teach myself and so I did," said Catherine. "When I'm carving, I'm in a world all my own."

One frustration Catherine shared is that "once you cut in the wood, you can't put it back."

Catherine Olsen's carvings are for sale, and she can be contacted at

It's time....

Cheryl Spink

So many great things happened in Merrimac this summer it was difficult to keep track of everything going on in our community. I thought if I was having a hard time remembering maybe other people were too. Plus I was looking through the book *Merrimack Wisconsin History and Ferry Tales Et' Cetera*, by Char Olson and marveling at all the community news and events that were chronicled there and how much I missed having a community newspaper. I talked with friends of mine, and then contacted Sid Malek at the MCCS to introduce myself and to see if there were any other, students in particular, who would like to team up with others to create a source for information and inspiration here in Merrimac.

This summer I attended the summer art workshops that were offered by SOZO Arts on Main St., where many people were helping to make Merrimac a good place to live and raise a family. We have a great school with so many people putting in time and energy to really make a difference here for everyone.

Add the organization of a Merrimac Grocery Cooperative, continuing art programs at SOZO for children and adults, the successful Merrimac Market Days this fall sponsored by local churches and the upcoming holiday celebration of Christmas in the Garden and the need for a community newspaper becomes even more important.

I hope you will find our efforts valuable and you will help us to be successful in supporting our community and all the people that live and work here.

So join us in the launch of the Merrimac Community News. Help us to inform people about new and existing businesses, your upcoming events, the best recipe ever for Rhubarb Crumble Pie and other items of interest so we can all support our community together.

Project Recovery

Disasters often strike with little or no warning. In an instant your home & community can be damaged or destroyed and forever changed. Even if your home or business does not suffer directly, you can still feel the disaster's impact. Disasters can linger with endless repairs, insurance difficulties, financial problems, tension, exhaustion and health concerns.

Outreach Workers are working in your area to provide emotional support to individuals who were impacted by the floods and storms of 2008. If you or someone you know is experiencing difficulties, there is help available.

Please contact Project Recovery for confidential information concerning disaster related services, tips for getting through tough times, referrals to local resources and referrals to long-term recovery funding sources that may be able to assist. 1-800-422-3742

Project Recovery is a service made possible through partnerships with Lutheran Social Services of WI & Upper MI, Inc., The WI Dept. of Health Services, the Wisconsin Farm Center, The Federal Center for Mental Health Services & FEMA.

Church Services

Immanuel Lutheran Church

137 W Main St

(608) 493-2640

Worship Sundays at 9:00 am

Merrimac United Methodist

Corner of School & Church St

(608) 493-2074

Worship Sundays at 10:15

9:00 am - Sunday School Classes for ages 3 to adults

6:30 pm - Youth Hooked on God

First & Third Saturday 7:00 pm

Praise & Worship featuring live music by 12:29

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MISSION STATEMENT:

Our mission is to provide resources, encourage community, achieve academic excellence, embrace diversity, honor our history and develop community identity and pride.

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DISTRIBUTION

To distribute Merrimac Community News free at your business, call 608-493-2356 or email merrimacnews@rocketmail.com.

To submit items for Upcoming Events

Send press release and/or photos to Merrimac Community News c/o Merrimac Charter School 310 School Street Merrimac, WI 53561

upcoming events

November:

- 24** - Tuesdays at the Cafe: 3:30-5pm pumpkin flower arrangements
- 25** - 7:30pm Merrimac Ecumenical Thanksgiving Service
at Caledonia Presbyterian Church
- 26** - Happy Thanksgiving! No School
- 27** - No School
- 28** - Fund raiser - Dock "Tony" Thompson at Merrimac Conservation Club
- 28** - Wollersheim Winery: A Vintage Christmas 10:00 am - 4:00 pm

December:

- 1** - Tuesdays at the Café: 3:30-5pm decorating cookies and lighting
- 4-6** - Christmas In The Garden 6:00 pm at Merrimac Comm Charter School
- 4-6** - River Arts Center: Once Upon A Santa Claus. www.riverartscenter.org
- 7** - After school program: 3:15-4:45pm at United Methodist Church.
Snack, story, and craft for 4 yrs to 5th grade. Contact Lisa 493-4161.
- 8** - Tuesdays at the Café: 3:30-5:00pm to be announced
- 12** - Sauk Cty Historical Society: 12-7pm a Victorian Christmas Celebration
at the Van Orden Mansion, Baraboo.
Cost: \$5/person; under 12 free.
- 12 & 13** Sauk Prairie High School: Madrigal Dinner
- 14** - Senior Lunch Day at MCCA
- 15** - Tuesdays at the Café: 3:30-5:00pm to be announced
- 20** - River Arts Center: Kitt Reuter-Foss Concert www.riverartscenter.org
- 21** - After school program: 3:15-4:45pm at United Methodist Church.
Snack, story, and craft for 4 yrs to 5th grade. Contact Lisa 493-4161.
- 22** - Tuesdays at the Café: 3:30-5:00pm to be announced
- 23** - Jan 1 - No School
- 29** - Tuesdays at the Café: 5:30-7:30 for games, pizza & beverage. Live
music with Sara Scott at 6:30pm. \$2-Reservations required.

A Christmas in the Garden

To celebrate the magical Christmas season, Merrimac Community Charter School (MCCA) will host *A Christmas in the Garden* December 4-6. This is a community event, and homes and businesses are encouraged to participate by decorating and lighting for the holiday season.

The event will start Friday, December 4, at 6:00 p.m. at the Merrimac Community Charter School to illuminate the garden. Hot chocolate will be served at the garden followed by caroling through the village and ending at Candy Cane Lane - Candy's Merrimac Café at the corner of Highway 78 and Austin Drive in Merrimac.

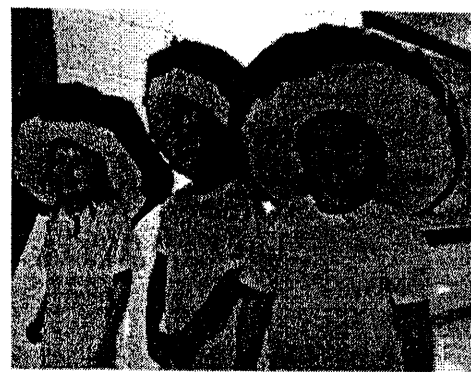
annual event with more to offer in the coming years.

For more information please call 608-493-2356 or email merrimacnews@rocketmail.com.

Fighting Cancer One Lid at a Time

A letter from Melissa Sprecher:

My name is Melissa Sprecher and I am in the fifth grade at Tower Rock. I am writing to ask you to help me with a project I am starting. My project is that I am collecting "Yoplait Yogurt" pink foil tops. I was reading the back of the top a few days ago and realized that for every lid collected, Yoplait will



First grade mushrooms Audrey Peterson-Meister, Shantal Giroux, and Emily Henderson at the Garden Gala.

Gala Success

Jody Scott

Thursday, September 24, marked the date for the much awaited Garden Gala at the Merrimac Community Charter School. Family and friends filled the gym to see students who were magically turned into singing pumpkins, dancing flowers, and rapping weeds for their performance in the garden-themed musical *How Does Your Garden Grow?* written by John Jacobson and John Higgins. This is the third year the students have performed the musical and it is always well received.

Kedzie McCumber has taken part in the musical all three years, this year playing the role of Herb the farmer. She said, "It's really funny to see everyone dressed up, especially the kindergarteners dressed as pumpkins."

The Garden Gala is a fun evening starting with a book fair and bake sale. Be sure to attend next year.

Lasagna Gardening

Emma Folts

When you hear the words lasagna gardening, you probably think of a garden where you grow ingredients for lasagna. It actually is a kind of gardening where you use compost materials above ground to make a lasagna garden! In making a lasagna garden place either newspaper or cardboard over the area you want to garden. Next put a layer of peat moss, followed by layers of grass and leaves until it reaches between 20-24 inches

featured biz

Jody Scott
and Jerry Hanson

*Candy's
Merrimac
Café* located
at the corner
of Highway
78 and
Austin Drive
in Merrimac,
is a place to



gather for good food, a hot cup of
coffee, and friendly conversation.

The building was built in 1971
by Dusty and Kay Strock and used
as a laundromat. Sometime during
the 80's it became a restaurant. Years
before the property housed the
lumber yard, depot, and feed mill.

Owner, Candy Hanson, with
help from her son Jerry, has been the
person at the grill for over five years
and offers daily specials along with
regular menu items. From blueberry
pancakes and Garbage Potatoes, to
the Friday Night Fish Fry, there's
something for everyone.

The first weekend in December
the café will turn into *Candy Cane
Lane* as part of the Merrimac
Community Charter School
celebration *A Christmas in the
Garden*. The café will be decorated
both inside and out, and High Tea
will be served Saturday, December 5,
starting at 3:00 p.m.

In the future Candy plans to
extend her hours and make the café
more family friendly, offering the
café as a safe destination for the
community and visitors.

Recently, the café began offering
Tuesdays at the Café an after-school
program featuring a light snack
and craft project. The projects are
designed for grades K-5, and all
children are welcome.

Tuesday, December 29, the café is
offering live music by local talent Sara
Scott. See Upcoming Events (page 4)
for more information.

Merrimac Grocery Co-op

Kedzie McCumber

Julie Westagaard has had trouble
driving everywhere just to get the
things she needs for her family. She
found that it's a problem for quite a
few people. Julie decided to come up
with a solution by starting Merrimac
Grocery Cooperative.

Right now the cooperative is
still pretty small. Four families
are involved and they are seeking
a building space to organize the
products purchased and as a
distribution site. "Hopefully, it will
grow and serve many of the people
in the area that need it," shared Julie.

There is no fee to join the
cooperative. Members pay for
their share of the groceries, and
the cooperative depends upon its
members to buy a certain amount of
groceries each month. "One thing
that makes a co-op work is that while
someone might help to organize,
that person is not the only decision-
maker. The group together makes
the decisions as a team by voting
or coming to common agreement,"
explained Julie. Anyone can join the
cooperative and as more people do,
that lowers the cost to the members.
Members will meet to determine
the guidelines the cooperative will
follow. Julie stressed that anyone can
buy from the co-op. A person doesn't
have to be a member. Members do get
a much better price, however.

What will people find at
Merrimac Grocery Cooperative?
Products that are similar to what
people might be currently buying
however, there will be a focus
on certain brands for health and
products that are organic. Julie
concluded, "If you think about it,
what you eat really is who you are
because what you eat is what makes
your cells and body grow. So, the
better the food you eat, the better
health you have. We hope that people
focus on eating foods that are also
good for the earth. We are looking

H1N1 News

Sid Malek

Sauk County Public Health Dept.
cancelled H1N1 Clinics for Black
Hawk, Tower Rock, Spruce Street,
and Grand Avenue Elementary
Schools and Merrimac Community
Charter School due to lack of
availability of the vaccine. Students
attending Middle and High School
may also have their clinics cancelled
or postponed.

Sauk Prairie School District web
site and local TV will update the
status of all school-based clinics.

The Public Health Department
provides the following directives
regarding vaccinations:

Call 2-1-1 for vaccine updates

Currently, target groups able to
receive the vaccine include: Pregnant
women, care givers of babies less
than 6 months, children age 6 mo.
to 4 yrs, children with medical
conditions, and health care workers

A reminder that children who are
ill are not to be sent back to school
until they are fever free for 24 hours
without the assist of fever-reducing
medication.

Thompson Benefit at Merrimac Conservation Club

Join family and friends of
Dock "Tony" Thompson Saturday,
November 28th at the Merrimac
Conservation Club. Enjoy a variety
of foods and beverages while
listening to the music of New Crew
Band with Steve O as DJ before and
after the band.

Begins at 12:00 pm, band plays
from 3:00 - 6:00 pm. Cost: \$15 per
person or \$25 per couple. Raffles will
be held throughout the day!

Account set up at M&I Bank for
donations:

Dock Thompson
c/o M&I Bank
615 Water St
Sauk City WI 53583